

JUNIOR LIFEGUARD PROGRAM

Tomorrow's lifeguarding job begins today! The Junior Lifeguard program is for swimmers age 11 – 14 who are interested in becoming lifeguards in the future. The program is held in two phases. Phase I will introduce swimming skills, general physical ability for lifeguarding responsibilities, and learning prevention and response techniques. Advanced Phase will include leadership and professionalism of lifeguarding and will include training with the City of Casper lifeguard staff as well as some actual on-deck duties. Phase I must be completed to enroll in Advanced Phase. (Minimum: 5, Maximum 12). *NOTE: There will be no class held on July 8, Parade Day. Parade Day-makeup will be July 11th.*

Phase I

Monday – Thursday 8 classes Washington Park Pool
Fee: \$53.00
June 16-26 8:15- 9:30 am **# 18492**

Advanced Phase

Monday – Thursday 8 classes + guard time
Washington Park Pool
Fee: \$60.00 (includes City of Casper Junior Lifeguard T-shirt)
July 7-17 8:15- 9:30 am **# 18494**

DIVING WORKSHOP

Dive right into summer fun! This class offers basic dives for the beginning diver. Students will learn to dive from a 1 meter diving board. Front, back, inward, and twist dives are offered. All class participants must have passed Level 4 or demonstrate proficiency in Level 4 skills. There will be no class on July 8, Parade Day. Parade Day make up class will be held on July 11th.

Session I: Monday – Thursday 10:20 - 11:00 am July 7-17 **# 18490**

Session II: Monday --Thursday 10:20 - 11:00 am July 28–Aug 7 **# 18491**

Washington Park Pool

Fee: \$53.00 per session

(Minimum: 4, Maximum: 8)

ADAPTED AQUATICS

(All Ages)

This is a one-on-one 30 minute class where teaching techniques and skills are adapted to accommodate individuals with disabilities or others who have special needs for swimming instruction. Classes are available on a limited schedule. A medical history form and written permission from doctor is required. Parents consultation with instructor will be required for all minors. Please register by calling Kimberly at 235-8395.